UNITY DAILY WORD

A Page of Sunshine for Every Day

Revealing the way to

HEALTH, HAPPINESS *and* PLENTY

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February 20 to March 19

My mind is illumined because my vision is fixed upon the light of Spirit within me.

I am a mighty tower of strength and stability in the realization that God is my health.

I am a mighty tower of strength and stability in the realization that God is my unfailing resource.

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UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

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HOLINESS

God Himself is holy, and all that He made out of His own holy will is also holy. It is for us, by becoming holy, to recognize the holiness of God in all things.

—Paracelsus.

OMNIPOTENCE

Omnipotence is ever God,
His good e'ermore prevails;
His power extends from sky to clod,
He evil's claims unveils.
If His omnipotence you'd know,
From evil you'd be free;
Look then beyond vain evil's show,
His omnipresence see.
In Truth we know that God alone
Is real and good and true;
The only power on heaven's throne,
He only good can do.
The only presence, only power,
In Truth we recognize,
Reveals Himself in wing and flower
Before man's wondering eyes.
You ask where evil's power lies,
Or wherefrom comes this one
That may appear in some disguise
When God's work's to be done?
Know then the truth; in it you'll find
What's puzzled saint and sage:
The evil lives but in man's mind,
God lives from age to age.

IDENTIFICATION

ASK YOURSELF, "What do I identify myself with—good or evil?" Test yourself and see if you relate yourself to good thoughts and things or to limitation and adversity. See if you identify yourself with that which is high and exalting or with that which is ignoble and debasing.

Many a person has been accused of evil because he was identified with those who think evil thoughts and commit evil deeds. He was accused of evil not because of any evidence that he had done wrong but because of evidence that he was identified with the thought of evil. He was accused of evil because he disobeyed the Biblical injunction to "abstain from all appearance of evil."

The person who identifies himself with those who gossip comes to be known as a gossiper himself. The person who identifies himself with those who think of the power and reality of disease soon finds that the disease thought is contagious and that he is beginning to believe in the power and reality of disease. The person who identifies himself with those who believe in failure and lack finds that his consciousness of success and prosperity is challenged and may be weakened.

The student of Truth is rather "superstitious" about identifying himself with evil. He knows that there is a certain contagion of thought that must be avoided if he is to maintain his position in Truth and be an overcomer

of evil. He realizes that he must identify himself with things of merit and quality if these are to be manifested in his world and become his own. He knows that by his own free will he has power to identify himself with whatever he desires and he wisely chooses to identify himself with the good only.

Every concession we may make to the seeming power of evil serves to identify us with evil. To the extent that we believe that evil has power over us, to that extent do we give evil power. When we concur in any belief in limitation and adversity we open the way for them to become manifest in our experience.

The student of Truth seeks to drop evil thought out of his mind and to identify himself with the good and the true. He avoids the appearance of evil. He avoids identification with evil when it appears and he abstains from appearing to do evil. His whole lifework comes to be that of identifying himself with God, the good.

By the use of denials and of affirmations of Truth we break any identification with evil and identify ourselves with good. When we say that evil and disease have no place or permanence in Truth, we open the way to affirm the omnipotence of God, the good. If we were to concur in the popular belief that disease is true of man, we should so identify ourselves with it that we should give it place. We should so disregard the truth of God's omnipresence that

the presence of disease would become real for the time being.

When you are malicious toward another, you identify yourself with the philosophy of Cain. Through your consciousness of malice, you open the way for malice to appear in your own life. When you are unkind to another, you have evidence of your own consciousness of unkindness which may attract unkindness to yourself.

To identify yourself with good you must think in terms of good. If you want to have friends, you must think in terms of friendship. You will not attract friends if you identify yourself with unfriendly thoughts. If you want to identify your business with prosperity and success, you must keep the thought of prosperity and success uppermost in your mind and in the minds of your assistants and associates.

Some persons keep before their attention a picture of that for which they are praying. This plan serves to identify them with the object of their prayer. One man says that he writes a letter to God and puts it in his Bible and in this way takes a step toward identifying himself with the thing or condition that he seeks.

The lesson of identification is one that all of us need to learn. It has within it the secret of demonstration and of answer to prayer. By our own free will we can identify ourselves with whatever we most desire.

BY THIS SIGN

THE MOTTO of Constantine I, *In hoc signo vinces,* is one that the Christian may well adopt. Translated, it reads, "By this sign [the cross] thou shalt conquer." The practical Christian sees the cross not as an emblem of crucifixion but as a sign of victory. He beholds the cross as the emblem of the victorious Christ. The Christian has imprinted upon his heart and soul the badge of his fellowship with Christ, the mark of His promise of victory.

The cross is the Christian's talisman, his assurance of good fortune. By his consciousness of the cross, the victory of Christ, he too is victorious. Christ through spiritual understanding "crossed out" or obliterated the power of evil. As long as man realizes the victory of Christ within him, he cannot believe that evil or sin can be victorious over him.

By the sign of the cross you are victorious. Christ stamps upon your heart the emblem of your victory over every adverse thought or situation. You will conquer because Christ in the midst of you has conquered. You will succeed because Christ never fails.

Learn to think of the cross, whenever you see it displayed, as a statement of Christ's power in you to prevail. It is at once the statement that you have power to cross out or obliterate all that appears in your life as sinful or evil. It is the statement that Christ has rendered powerless all that would presume to disturb or injure you.

The student of mystical Christianity looks beyond the crucified Jesus and beholds the risen and triumphant Christ. Just as Jesus made of crucifixion an opportunity for triumph, so can man with eyes on the cross make of each trial an occasion for victory. In higher understanding, he can deny and obliterate every appearance in his life that is ungodlike and undesirable. He can declare the mighty Truth of Christ and see it become established as his own victory.

Man stands with Christ at the heart or intersection of the two lines of the cross. He sees it in its mystical significance pointing in four directions. Standing with Christ and accepting the cross as His gift to him, man can look in four directions and know that the world is his through Christ.

The cross is so closely identified with Christ that we must believe in the power of the cross if we are Christians. We must believe it to be the Christian's sign of Christ triumphant in himself. If you are a Christian, you must realize that you carry with you your protection against evil, your assurance of the triumph of good.

How would you like to lead a charmed life? How would you like to feel that you carried with you a charm or emblem of confidence, protection, health, and success that would always work miracles for you? When you have the sign of the cross imprinted upon your heart, you cannot fail. It is your security against

harm. It is your assurance of the protecting power and presence of Christ.

Think often of yourself as established in the light, peace, joy, love, and life of Christ because you are a member of His brotherhood. You carry His insignia upon your heart. Nothing in all the world about you can prevail against Him or His cross. You have immunity against pestilence and fear. You are protected from all that would attempt to prevail against Christ.

Do you grasp the thought of what it means to be a Christian and to wear the insignia of Christ, to be one of His followers, to carry the sign of His cross? Remember that by this sign you will conquer. The world about you will respect this cross when in your heart and upon your countenance you show that you respect it yourself.

The cross of Christ is the badge placed upon man that signifies that he is of Christ's household. Those who have accepted Christ wear His badge. They belong to a fellowship in which they are identified by their consciousness of Truth. They are known by their loving words. They bear in their hearts the image and likeness of Christ.

By the cross of Christ we conquer. We are victorious because the power of Christ must prevail. Nothing can prevail against Christ in us. He abides in us as our assurance that His victory is sure, His triumph certain. In this consciousness we go forth victorious and triumphant.

THE MYSTERY OF CHRISTIANITY

TEACHERS of theology and writers on ecclesiastical subjects have always spoken and written of the mysteries of Christ as incomprehensible. Possibly some of these mysteries, cloaked in the mysterious language of the theologians, may be considered as incomprehensible. Man today in his search for God is looking for a comprehensible religion. He can see no reason why he should not be able to comprehend his relation to his Creator.

We believe that in Colossians 1:27 the Spirit of God has revealed to man the mystery of all mysteries, yet a mystery so simple that all men should be able to understand it. We abbreviate the passage in these words: "God was pleased to make known this mystery which is Christ in you, the hope of glory." We readily agree that if man but comprehends this simple mystery, he has little need to understand any other.

If man but comprehends the simple truth that he has Christ within him, he is at once relieved of all belief that Christ is apart from him or that he is identified with evil. He comes to know that with Christ in him, in Truth no evil thing can be in him. He realizes that the presence of Christ within him is an antidote to all belief in the presence of sin, evil, disease, and fear.

In the Weymouth version of the Bible, Paul is recorded as saying: "I have been appointed to serve the Church in the position of responsibil-

ity entrusted to me by God for your benefit, so that I may fully deliver God's Message—the truth which has been kept secret from all ages and generations, but has now been revealed to His people, to whom it is His will to make known how vast a wealth of glory for the Gentile world is implied in this truth—the truth that 'Christ is in you, the hope of glory.' "

Do you grasp the importance of this thought in Paul's mind? He felt a great measure of responsibility in revealing the truth that Christ is in man and the source of all his hope. No doubt he looked upon it as a truth so revolutionizing that he almost staggered under the weight of its importance. His mission it was to turn the minds of men from looking to the historic Jesus for their help and cause them to turn to the mystical presence of Christ within them. They had prayed to Jesus as an entity apart from them. He had to find some way to direct their attention to the Christ within them. They had believed that they were filled with evil, sin, and disease. He needed to reveal to them that they were filled with the presence of Christ—the presence of peace, love, fearlessness, health. They had pinned their faith to externals; they needed to put their trust in themselves, in Christ in their midst.

Students of Truth in this day often find that they must use diplomacy in revealing their faith in Christ's presence to those who have not grasped the truth that Christ is in man. Those who have not studied Truth or have not seen

this passage in the Bible are inclined to be unfriendly to the thought that Christ abides in man and is his only hope for the things he needs in life.

We once heard of a conversation about a man who was considered the biggest sinner in his community. One person made the remark "Well, if there is any person that can say one good thing about him, I should like to hear it." A very devout little woman said, "I only know this about him—Christ lives in him." Since she had caught the truth of the immanent Christ, she had to recognize Him, regardless of the man's misdeeds or of his reputation in the community.

When you are inclined to find fault with yourself, change the current of your thought. Realize that Christ is in you. A recognition of this truth will help you to change yourself. When another's faults come to your attention, look past them and behold the Christ. Remember that this mystery is not revealed to you in order that you may understand theology. It is given to you so that you may redeem and perfect yourself and so help to redeem others from your limited thoughts about them.

If you but grasp the thought that Christ is in you, you will have gained an understanding of all there is in Truth. This one thought is the basis, framework, and background of Christianity. You have power to redeem yourself from all adverse thought through understanding it. It will literally transform you.

BLESS THIS HOUSE

Bless this house, O Lord, we pray,
Make it safe by night and day;
Bless these walls, so firm and stout,
Keeping want and trouble out;
Bless the roof and chimneys tall,
Let Thy peace lie over all;
Bless this door, that it may prove
Ever open to joy and love.

Bless these windows shining bright,
Letting in God's heav'nly light;
Bless the hearth a-blazing there,
With smoke ascending like a prayer;
Bless the folk who dwell within,
Keep them pure and free from sin;
Bless us all that we may be
Fit, O Lord, to dwell with Thee,
Bless us all that one day we
May dwell, O Lord, with Thee.

—*Helen Taylor.*

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I am ever free because Christ in me is my perfect freedom.

TODAY you are to give up every belief that any person or anything can hold you in bondage. You are to cease believing that external things can limit you in any wise. You are to realize that Christ in you is your assurance of perfect freedom.

Man is prone to believe that things of the world can hold him in bondage. We have but to listen to the average person's conversation to detect to what an extent he thinks other persons and things can interfere with his freedom. By his thoughts, words, and actions he shows that he thinks in terms of bondage. Truth comes to him as the revelation that frees him from this and establishes him in the consciousness of freedom.

If you would be free, guard your thoughts. When the thought of bondage comes to mind, neutralize it with Truth. Declare your freedom. Know that through the presence of Christ within you, the presence of perfect freedom, you are free in mind and in body. You are now free in the realization that nothing in all this world can bind you. You are free in the truth that Christ has set you free.

I shall walk at liberty;
For I have sought thy precepts.
—*Psalms 119:45.*

The law of God, the principle of good, now rules my affairs. I recognize no other law or principle.

SINCE in Truth there is but one God, there is also but one law or principle of good. Truth recognizes no opposite of God; consequently, there cannot be a principle of evil. Without law or principle to sustain it, evil is nonexistent in Truth. Good is based upon the law of God and therefore is sustained by the principle of Truth.

A realization of the truth about the law of good frees us from all belief that there is any principle of evil operating in our life. We come to the realization that the law of good has no rival, even as there are no gods in Truth besides God. We see that without law neither sin nor disease, nor fear, nor failure can prevail in us.

The law of God is the law of your wisdom, health, and supply. This law rules you and your affairs unless by your adverse thought you disbelieve in God and His law. Your adverse thought alone can cause you to come under the dominion of so-called adverse law.

The law of God is the law of good now causing good to be manifested in all your affairs.

He that looketh into the perfect law, the *law* of liberty, . . . this man shall be blessed in his doing.—*James 1:25.*

From the presence of Christ within me good emanates to every part of my being.

TO THE person whose thought is upon the presence of Christ within him, good is paramount. It is a living presence within him and from it there issues forth that which fills his life with good. His consciousness of good causes good to become manifest in his world according to his desire and need.

If your thought dwells on evil, then evil appears to you in many guises. It may even appear almost to the exclusion of good if your consciousness of evil has little place for good. When others speak of the omnipotence of God or the allness of good, you will fail to understand their meaning, because you seem to be in the consciousness of the allness of evil and in the realization of its reality and power.

God, the good, is all there is in Truth. If you do not understand Truth, you believe in some other presence and power. You have other gods before you and believe in other presences and other powers. When the presence of Christ becomes real to you, you cease to believe in the presence and power of evil. You think good thoughts and do good works.

Glory and honor and peace to every man that worketh good.—*Rom. 2:10.*

Through my consciousness of abiding peace I realize that I live in a world of peace.

IN THE consciousness of peace, there is no place for adverse, inharmonious thoughts. The realization of peace excludes all thought of inharmony. Abiding in the consciousness of peace, we find peace manifest in our body and in all our world.

The peace of God comes to us as we abide in the consciousness of peace. It becomes so real and so tangible that we cease to think in terms of inharmony. Christ as peace fills our mind and our world. Our peaceful thoughts rule us and neither person nor thing can disturb us.

In the consciousness of peace we feel at one with the peace of heaven. We abide in that heavenly consciousness in which heavenly peacefulness is manifest. We are never closer to heaven than when we feel at peace with ourselves and all life. Perfect harmony prevails in our world when we draw close to Christ.

Keep your mind stayed upon Christ and you will be at peace. You cannot think Christward and think inharmoniously. You cannot accept Christ as the source of your peace and be inharmonious with your associates.

Thou wilt keep *him* in perfect peace, *whose* mind *is* stayed *on thee.*—*Isa.* 26:3.

I rejoice to be free from worry; I am trusting in God in all things.

THOSE who trust in God have nothing to worry about, because God takes care of them. They are free from anxious thought because their minds are given to thinking of Truth and God. They replace the worry thought with a thought of trust. They free themselves from anxiety by increasing in trust.

If you are inclined to worry, you will find that an understanding and application of Truth will set you free. As you learn to trust more and more in God, you will become freer from anxiety. The worry thought will leave you when it is displaced and replaced by one of trust.

Cease to worry about other persons and external things. Direct your attention to Christ within you and increase your trust in Him. Do not be anxious about things of the world. Turn in thought to the world of Christ within you and let your whole thought be given to Truth. Your trust will increase in Christ as you decrease in anxiety.

Rejoice right now that Christ occupies your whole thought and that you are giving less and less attention to things. Know that through Christ all things are adjusted and regulated.

In nothing be anxious.—*Phil. 4:6.*

The joy of the presence of Christ in me fills me with bounding joy, and I rejoice.

HAVE YOU found the seat of joy? Have you discovered that Christ is in the very midst of you and that His presence is one of joy? Have you unified yourself with never-ending joy? Can you turn to your joy and identify yourself with it even when sorrow seems to be filling your world?

Think of Christ as always with you, always within you, as your joy. When things of the outer world would seem to make your world cheerless, turn to Christ. Turn to the realization that you are at one with never-ending joy. Turn to the truth that your joy in Christ can never pass away.

Rejoice today because you know that Christ is in you and is ever constant as your joy. Rejoice that you know that you are master of the things of the world. Rejoice that you are rising above the claims of matter and are triumphant in Spirit. Rejoice that you know Truth and that you are identifying yourself with Christ as your light, peace, joy, and life. Rejoice that the Spirit of Christ within you rejoices.

That my joy may be in you, and *that* your joy may be made full.—*John 15:11.*

Unified with the love of Christ in me,
I am free from every unloving thought.

HAVE YOU ever longed to be free from all tendency to think unloving thoughts? Have you wanted to think only thoughts of love toward all persons everywhere? There is but one way for you to have this freedom and for you to abide in love. That is for you to unify yourself with the love of Christ in the midst of you.

You cannot think unloving thoughts when your thought is centered upon Christ. You cannot think hate and love at the same time. When your thought is upon Christ, Truth, you must be loving. His love becomes your own when you identify yourself with Him.

If you have been unloving toward others or others have been unloving toward you, turn to Christ and become at one with His love. Let this love wipe all animosity or hate from your heart. Let His love fill you so completely that you cannot be unloving any more.

The loving presence of Christ in you is your assurance of love. As long as you are at one with Him, just so long will you be loving toward all persons. His love is sufficient unto you, able to perform miracles.

To them that love God all things work together for good.—*Rom. 8:28.*

Unified with Christ, the mind of Truth, I think His thoughts.

WHEN we think thoughts of spiritual Truth, we are at one with the mind of Christ. When we think thoughts of peace, wisdom, joy, love, and life, we are unified with His thoughts. We give up thoughts that do not measure up to the standard of Divine Mind and find ourselves united with Christ and thoughts of higher Truth.

In Truth there is but one spiritual consciousness, one science of Christ, one Divine Mind. Since there is but one spiritual consciousness, we must enter this consciousness in order to know the one mind of Christ. There is no other way or avenue to reach Christ.

You must study and know Truth in order to think thoughts of Truth. You have to do this in order to have a standard for your thinking. Without this standard, you would think any thought and think that it is true. You would not be able to discriminate between a spiritual-minded thought and a thought opposed to it. You can see that your study of the mind of Christ is for the purpose of attaining it, becoming like it, becoming identified with it. By your holy thoughts, you find your identity in the mind of Christ.

Have this mind in you, which was also in Christ Jesus.—*Phil. 2:5.*

I patiently witness the work of Spirit now being done in me and in all my affairs.

THE IMPATIENT person has not learned to witness the work of Spirit. He has not learned to rise above his feeling of impatience and to recognize the manifestation of order and of good. He needs to be free from all belief that anything in the world about him can prevent God's work from being done.

If you are inclined to be impatient, study your mind and see just what is the nature of the thought that is causing your impatience. You will find that in some way you believe that something in the world about you will interfere with the manifestation of your good. You will find that you think that the work of Spirit can be thwarted or delayed. You will discover in your mind the thought that the things of the outer world can in some wise conspire against you and the working of the Spirit.

If you would be patient, learn to trust in God. Know that He is bringing good to pass in your affairs and that nothing in all the world can prevent the manifestation of your blessings. Nothing can delay the work of Spirit.

The patient in spirit is better than the proud in spirit.—*Eccles. 7:8.*

I know that the kingdom of heaven is within me and Christ is now enthroned in His heaven.

WHERE is heaven? Do you think of it as apart from you or as something to be attained in the future? Do you think of it as some state to be reached through death? Do you think of it as something that you cannot attain here and now, something to be reached through your failure to know how to live?

Many persons would understand heaven better if they had the Truth conception of it. We know that heaven is a harmonious state of consciousness. We know that heaven is reached here and now by ascending to that high consciousness in which harmony reigns supreme and in which we realize our oneness with God.

In the heavenly consciousness we see all things as they exist in Spirit. We behold the prevalence of peace, order, harmony, and love. We see all persons as they are revealed in Truth, in the heavenly light. We realize that heaven is revealed to those who know the Truth of life, to those who live. Those who catch the heavenly vision know better how to live and how to extend their life.

The kingdom of God is . . . righteousness and peace and joy in the Holy Spirit.—*Rom. 14:17.*

The power of Christ in me now becomes my own inherent power, and I have power over all the affairs of my life.

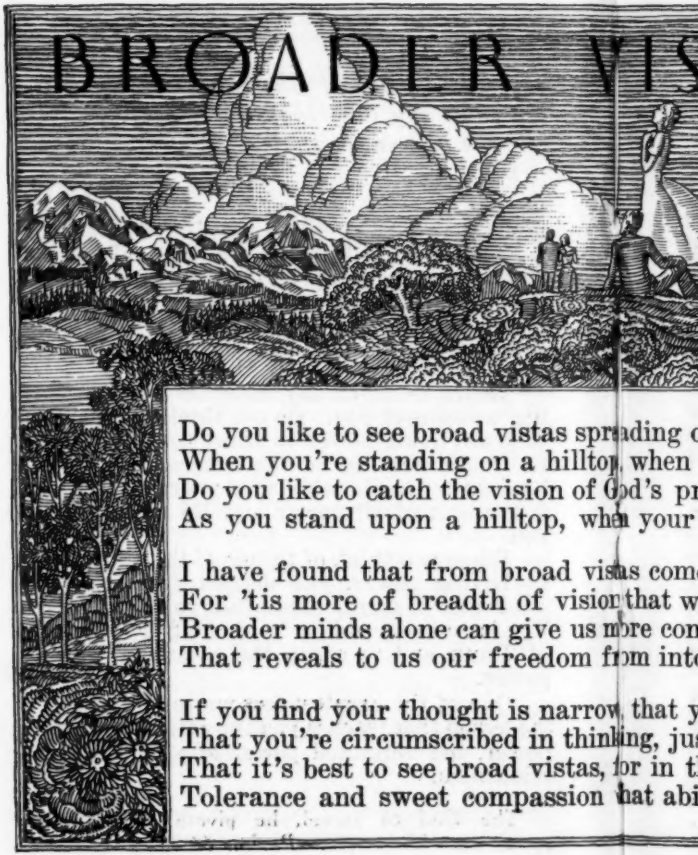
HAVE you realized that the seat of power is within you? Do you know that Christ is your power—power to regulate the affairs of your world, power to heal yourself, power to accomplish whatever you undertake? Do you know that in Truth there is only Christ, only His power?

Never think of any external thing as having power over you. Do not think of other persons as having power to affect your well-being. In Truth nothing of the external world can have power to disturb you or your world. Christ is the seat of all power and He abides within you.

When you think of things of the outer world as having power, you detract from the consciousness of omnipotence that you should have. You lessen your ability to gain a full conception of Truth and to grasp the extent of Christ's power.

One of the greatest lessons to be learned is the lesson that teaches you the extent of Christ's power, the unlimited power of your own consciousness.

The God of Israel, he giveth strength and power unto *his* people.—*Psalms* 68:35.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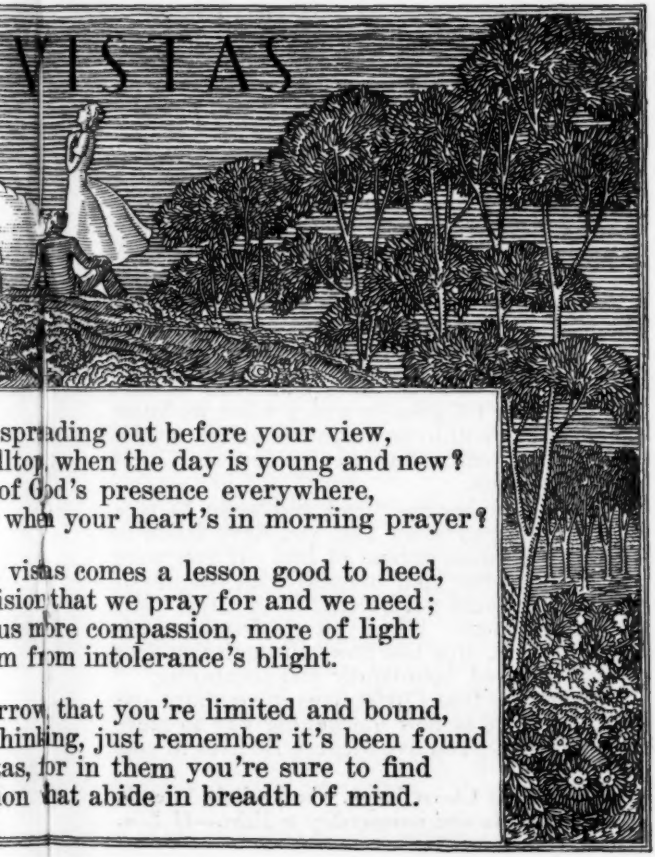

spreading out before your view,
llton, when the day is young and new?
of God's presence everywhere,
when your heart's in morning prayer?

vistas comes a lesson good to heed,
ision that we pray for and we need;
us more compassion, more of light
m from intolerance's blight.

rrow, that you're limited and bound,
hinking, just remember it's been found
as, for in them you're sure to find
on that abide in breadth of mind.

The life of Christ in me now comes forth as life sufficient to meet my every demand for life.

HAVE YOU realized how you actually live? Has life seemed to be something mysterious to you? Have you failed to understand your connection with life? Do you often have a desire or demand for more life?

Living in the realization of our oneness with the presence of Christ, the presence of abundant life, we become more conscious of life. We cannot be fatigued or weary when we know that we have within us the inexhaustible source of life. We realize that we live because Christ within us lives.

When you become tired and seem to lack vitality you may know that you have failed to maintain a consciousness of life. If you were always to realize your oneness with the life of Christ, you could not become ill or tired. His life is ever yours. When you are free from adverse thought, this life flows through you free and unhindered, bountifully and constantly.

Remember that Christ lives in you here and now. His life is now quickening you to more abundant life. You live because He lives in you.

Our Saviour Christ Jesus, who abolished death, and brought life and immortality to light.—*II Tim. 1:10.*

The perfection of Christ in me is my own inherent perfection implanted within me at the time of my creation.

WHAT do you think of yourself? Are you a thing of imperfections and shortcomings or are you the perfect child of God? Do you think of yourself as created in the image and likeness of disease or in the image and likeness of God, your Father?

The study of Truth reveals to us our divine birthright. We see that we are not creatures of evil, sin, disease, and want. We behold ourselves as we are seen in heaven—perfect and whole. We realize that in Truth we are created in the image and likeness of God—life, health, and wholeness.

Your perfection in mind and in body becomes manifest when in higher consciousness you perceive this perfection and hold steadfastly to the vision. You behold yourself as you are seen in heaven. You see yourself freed from the limited conception that you have had of yourself. You behold yourself as God's perfect child, created in His likeness.

Nothing but your own adverse thought can keep your perfection from appearing. You can see that you must drop from your mind every thought negative to your good. You must think steadily of your perfection.

Thou wilt show thyself perfect.—*II Sam. 22:26.*

I know that in Truth God alone is judge and justice and I acknowledge His righteousness.

ARE YOU looking for justice? Have you felt that some person was dealing unjustly with you? Have you believed that others could cause injustice to appear in your life and in your affairs? If you have not settled the question about justice and your own relation to it, you need to understand what Truth teaches about it. You need to meditate upon God as your judge and your justice.

In Truth we know that no one in all the world has power to deal unjustly with us when we know that God is our justice. The reason for this is that no one can prevail against the power of God. We know that when we place ourselves and all our affairs in God's hands only justice can result.

The justice of God knows neither rival nor defeat. When we abide in the consciousness of perfect justice, no thought of injustice can reach us or affect us. The consciousness of justice causes justice to be established.

God is the principle of justice. Injustice cannot have a principle to back it or sustain it, and consequently injustice has no place in Truth. God is just, righteous, unchanging.

I will be their God, in truth and in righteousness.—*Zech. 8:8.*

The Spirit of wisdom now directs me in the path I should take, and I find it is one of joy and plenty.

HAVE YOU found your place in life? Has your path been revealed to you? Have you found the way of joy and plenty? This way is the way that Spirit will reveal to you. You will not go the way of suffering and deprivation through ignorance when you are shown the way of peace, happiness, and success.

When you go the way of Spirit, you are given Spirit's blessings. You are guided every step of the way. Your path is made easy. You abide in the heavenly consciousness. You realize that the Spirit of God goes with you every step of the way.

Many persons do not find their way in life. They go the way of sacrifice and lack because they do not realize the truth. They fail to see that Spirit has provided a way of happiness and plenty for them. This, we are to realize, is the way that is ours. It is the way of Truth.

You can find your way by turning to the Spirit of Christ within you and by realizing that you are being shown the way. You realize that Spirit is ever seeking to reveal your highest good to you.

Behold, I send my messenger, and he shall prepare the way before me.—*Mal. 3:1.*

My faith in God, the good, frees me from all doubt and unbelief.

OUR FREEDOM from unbelief comes as we increase in the understanding of God. We come to believe in Him as Truth is revealed to us. Our faith in God increases as we think less and less of sin and evil. We cease to believe in the presence or power of adversity and give our whole thought to the presence and power of God.

The person who does not know Truth believes in evil. He exchanges this belief for faith in God when he is quickened to spiritual understanding. If you were to analyze your thought at the present time you would discover that you either have faith in the power of God or else you believe that some evil condition has power over you. Your work in the study of Truth consists in getting rid of adverse beliefs and increasing your faith in God.

As we think more and more of God and realize the truth about His omnipotence, we cease to believe in evil, sin, fear, disease, and failure. We have such faith in God that we cannot believe that any opposite can prevail against Him. We realize that in Truth there is only God, the good, and that there is nothing in all the world to prevail against His Truth and might.

Looking unto the promise of God, he wavered not through unbelief.—*Rom. 4:20.*

Because I realize the omnipotence of God, the good, I cease to believe in the power of evil.

WHAT has power in your life—God or evil? Do you think of God as omnipotent, all-powerful? Do you sometimes think that God shares His omnipotence with evil? Do you realize that through the presence of Spirit within you you are unified with the power of God?

The person who finds that evil, sin, disease, and failure appear in his life believes in their power. He believes that they have power over him, power to manifest themselves, power to prevail.

The student of Truth comes to know that God within him is all-powerful. He believes in the power of the prevalence of good and knows that the appearance of evil in any guise cannot prevail against the good. He knows that God alone is omnipotent.

When you find yourself believing in some evil condition, ask yourself, "What has power—the omnipotence of God or the belief in evil?" Correct your thought according to Truth. Cast out all belief that God's omnipotence can be shared with anything unlike Himself.

I have given you authority to tread upon serpents and scorpions, and over all the power of the enemy.—*Luke 10:19.*

I am fearless and courageous. The presence of Christ in the midst of me frees me from fear.

WE RELEASE ourselves from the thought of fear when we establish ourselves in Christ in the midst of us and realize that we are courageous in Him. We realize that His courage is mightier than the sense of human fear. We know the truth and find ourselves released from fear.

But one thing can make you afraid—your belief in fear. Do not think of your fear as caused by some external thing. The state of external things may be entirely different from what you think it to be. Your fear may be entirely a misconception of the true state of affairs. You must realize that your fear is a thought and that through a change of thought your fear can be changed to fearlessness.

Abiding in the courage of Christ within you, you can know no fear. You cannot be afraid of external things when you are courageous in the presence of Christ. You cannot fear the future when you know that Christ is ever with you. You cannot fear disease when you realize that you are established in His life and health.

You will be fearless when you have freed your mind from all belief in fear.

Fear ye not, stand still, and see the salvation of Jehovah.—*Exod. 14:13.*

The light of Christ at the center of my being is ever the source of my wisdom, illumination, and inspiration.

WHEN you were created, your heavenly Father placed in you the light of wisdom. Were you always to realize this truth, you would never be ignorant or in the dark about anything. You would know that this indwelling light is the light that illumines you in all things. No information can be withheld from you when you realize that through the light of Christ all things are revealed to you.

To think of yourself as ignorant or without light is to think contrary to Truth. You cannot exist in darkness and exist in the light of Truth. You cannot realize that you are the child of light and believe that you can be in the dark.

The light of Christ illumines and inspires us. Through it come our inspiration and revelation. All things are revealed to us when we realize that this light is within us and that we abide in it. We realize that in Spirit there is no darkness, that man cannot be in the dark.

The light of Christ within you is the light that illumines your way today. It is the light that reveals your good to you.

While ye have the light, believe on the light, that ye may become sons of light.—*John 12:36.*

AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

March 20 to April 19

ILLUMINATION

The indwelling Christ fills my mind and my body with the consciousness of God, the Father.

HEALING

The Mind that was in Christ Jesus is in me, and I am raised to His consciousness of wholeness.

PROSPERITY

The Mind that was in Christ Jesus is my resource, and I am raised to His consciousness of infinite abundance.

The healing presence of Christ within me now inspires me to health.

RISE ABOVE all belief in disease by letting Christ in the midst of you inspire you to health. Let the disease thought be replaced by Truth. Let the presence of Christ in you prompt you to a full realization of health, strength, and wholeness.

If you need healing, you should first cast out of mind all belief that disease is something that you must accept as part of yourself. You must drop from mind every belief that disease is God's will for you. You must realize the truth that God's will for you is health and that you are ever inspired to health.

Healing comes when we realize that in Truth we are whole and perfect. We realize that we are in no wise related to disease. We accept health as our divine birthright. Health becomes to us something that is real and true, and we recognize disease as the impermanent and fleeting. We know that health is our divine birthright.

Rise to the consciousness that in Truth you are whole and well, one with the presence of Christ. In this consciousness you will realize perfect health and know that it is yours to enjoy here and now.

Jehovah will take away from thee all sickness.
—*Deut. 7:15.*

I am prospered because I am ever enriched by my Christ consciousness.

THINK of your prosperity as the result of your consciousness of prosperity. Know that prosperity becomes manifest because of rich ideas in your mind. When you have cast from mind all belief in lack, you will be free to think the truth about prosperity. Your prosperity will appear when you no longer think in terms of lack.

You are prospered because through your belief in prosperity you cause it to appear. Your rich ideas are manifested as your prosperity. Your thoughts of prosperity attract prosperity to you. Your mental realization of prosperity makes it become real to you.

God's riches are at the disposal of man. Man can come into possession of them only through accepting them in consciousness. If he is unable to do this, he is unable to enjoy them. Until he can behold himself as prosperous, he is compelled to live without prosperity. He can bring prosperity into manifestation only through his consciousness of prosperity.

Think of prosperity as your divine birthright, ever manifesting itself according to your desire and need.

The Almighty will be thy treasure,
And precious silver unto thee.
—*Job 22:25.*

I am renewed in mind and in body because I have a new consciousness in Christ.

IF YOUR consciousness is one of newness, if your mind is full of new ideas, you will find that a sense of newness pervades your body and your whole world. You cannot be bound to useless and fossilized ideas when you have new ideas in mind.

If you would be renewed mentally and physically, you must keep new thoughts in mind. You must charge your mind and your body with newness. Not an old, useless, or fossilized idea can remain in mind when new ideas fill your mind.

Do not think of yourself as old or as aging. In Spirit, you are ever renewed. You must know this truth, however, in order to renew yourself. You must realize that the Spirit within you is ever new, ever young.

Think of yourself as you exist in Spirit. Let your thought be charged with the newness of Spirit and your body, in turn, will be charged with this thought. A sense of newness will pervade every part of your body.

The consciousness of newness that you are building up will cause you to see yourself and all things in a new light.

Sing unto him a new song.—*Psalms 33:3.*

I do not condemn, neither am I condemned. Christ in me praises and is ever praised.

DO NOT allow yourself to fall into the habit of condemning yourself or others. Do not put yourself in the attitude of mind whereby you will attract condemnation. Get out of the consciousness of condemnation. Exchange the habit of condemnation for that of praise.

If you are inclined to condemn some one today, change your thought. Find something in him that you can praise. Instead of looking for evil in him to condemn, look for the good. Look for Christ in him and let the Christ in you recognize it.

Christ in you is ever ready to inspire you to see the good in others. Christ, the good, ever attracts to Himself the good wherever it is to be found. When you turn to Christ within you, you turn to the consciousness which inspires you to praise. You cannot condemn another when your thought is upon Christ within him. You cannot find evil when you are looking at the Christ.

Free yourself from any tendency to condemn others or to attract condemnation to yourself by keeping your vision upon the Christ.

When he giveth quietness, who then can condemn?—*Job 34:29.*

Christ, divine Truth, now comes to my consciousness, and I am freed from every false belief about man.

AMONG the false beliefs that we entertain about man is the belief that his shortcomings or diseases have any relation to Truth. Unless we know Truth we are inclined to accept these things as true about him. We are inclined to think that their appearance makes them real. We find in metaphysics that only that is true of us which is true of Christ, the Son of God.

Jesus came to us with the Christ message of Truth. He came to bring us freedom from the belief that evil, sin, fear, disease, and failure are real. He gave us the truth about the prevalence of good. His message of Truth about our health set us free from the belief that disease is real.

What is Truth? It is the philosophy of the Christ. It lifts man to the consciousness of Christ within him and he no longer believes in the reality of that which is unlike Christ. It is the message that Jesus brought from heaven to a world that needed deliverance from belief in the reality of sin and evil.

Abide in the realization that Christ in you inspires you to know more of His Truth.

Speak unto me nothing but the truth in the name of Jehovah.—*I Kings 22:16.*

I readily forgive because Christ in me ever inspires me to forgiveness.

YOU WILL not have any difficulty in forgiving others when you let the Christ within you do its perfect work. You will be inspired to rise above all tendency to remember injuries of the past. You will be lifted to that consciousness wherein the forgiveness of Christ takes place.

When we forgive we wipe from mind all memory of personal injury. We cease to believe that another has harmed us. We wipe from mind all thought of his evildoing. We restore him to that place in our confidence and affection where he was before he said or did anything that we disliked. We let Christ in us wipe out all thought of injury, resistance, or blame.

To forgive, rise to the consciousness that Christ in you is at one with Christ in the one who is to be forgiven. Realize that you have no right to condemn any one. Know that in Truth you are to praise the good even in the one who seems to sin against you.

The forgiving Christ is now giving you the consciousness of praise for your thought of condemnation.

Bless Jehovah, O my soul . . .
Who forgiveth all thine iniquities.
—Psalms 103: 1, 3.

Christ in me makes me victorious over every situation in my life.

THINK of Christ in you as the presence and power that is mighty to make you victorious over any circumstance of the day. You have within you that which is invincible. You have that which is your safeguard against evil, disease, and failure. You have Christ within you. What greater truth could be revealed to you?

Knowing that Christ is within you and lord of all, you cannot believe that evil can have dominion over you. You cannot believe that situations and events of the day can make you unhappy when you know that Christ in you is your mastery and joy. You cannot believe that other persons can affect or disturb you when you know that neither person nor thing can affect or disturb Christ.

Realizing that Christ in you is your life, health, and strength, you cannot be touched by the thought of disease. Christ in you is your health at all times. He is your life and the source of all the life you need.

Knowing that Christ is in you and that you abide in Him you have complete mastery of everything in your life.

God was pleased to make known . . . this mystery . . . which is Christ in you, the hope of glory. —*Col. 1:27.*

I relax from mental and physical tension because the presence of Christ in me gives me peace.

IN ORDER to relax from tension, we need to abide in that consciousness from which thoughts of tension are excluded. We easily relax when we unify ourselves with the peaceful presence of Christ within us. We free ourselves from physical tension when we enter that consciousness in which there are no tense thoughts.

To relax physically, you must relax mentally. You need to give up the tension-producing thoughts in order to have peace in mind and in body. You cannot hope to relax as long as you hold thoughts that make you tense. You have to exchange these for thoughts of peace and harmony.

The presence of Christ within us causes us to give up dark and heavy thoughts when we turn to Him. We give up thoughts of resistance and fear. We learn to abide in the presence of Christ and relax. This presence is an antidote to all mental and physical tension.

Turn to Christ within you and abide in the realization that you are free from tension in mind and in body. In Him you relax with the confident assurance that all is well.

Ye shall find rest for your souls.—*Jer. 6:16.*

I am quiet and still because I have found within me the quietness and stillness of Christ.

IN THE STILLNESS of the presence of Christ within us, we find perfect stillness. We easily turn from the noise and confusion of the world about us and find the quietness of Christ's presence. We discover that things of the world about us have no power over us when we unify ourselves with the power of inner quietness.

When things of the external world seem to be in a turmoil, turn to Christ. Identify yourself with His quiet. Feel that you have within you that power which is mighty to command the world about you. Realize that from the stillness of Christ within you goes forth power to still troubled waters.

From the quietness of Christ within you, you receive power to do all things. This quietness gives you power to heal, power to succeed. When you need light upon any subject, turn to the stillness and silence within you. When you need any good thing, find it in the silence within you and you will soon find it in manifestation.

The quietness of Christ is so closely identified with your own life that you have but to turn to it in order to become quiet.

Take heed, and be quiet.—*Isa. 7:4.*

I know that God's blessings are mine now.

WIPE OUT of mind all belief that your good cannot come to you except in the future. Free yourself from all belief that your good exists only in the tomorrow. In Spirit there is no bondage to time. Knowing Truth, you free yourself from any time limitation. You cease to live in thought in the past or in the future. You abide in the consciousness that now is the only time.

Whatever good you hope to see manifest exists as yours now. The only limitation of time is the limitation that you concede. If you believe that your blessings can come to you only tomorrow then they will be delayed until some future time. If you realize that they are yours now, they will appear today.

Cease to try to live in the past or in the future. Free yourself from all bondage to time. Know that you exist in the eternal now, the timeless time of Spirit. Realize that God's blessings are not limited by man's limited beliefs about time but that they appear whenever man calls them into manifestation.

Now is the only time. The present moment is the best time for you to live and to enjoy the good that God is offering to you.

All things are now ready.—*Luke 14:17.*

I revere and worship God in all that I think and do.

HAVE YOU ever thought of yourself as obliged to revere God at all times? Do you not feel that you must give Him your love at all times? Do you not see that as His son you must worship Him and give Him first place in your affections?

Jesus suffered many times in order to be loyal to His Father. At times it seemed as if His Father had forsaken Him, but the abiding presence of God continued to strengthen Him in His trials. We need not suffer as Jesus did because He has made the way easy for us.

As students of Truth and followers of Christ, we must give Him first place in our thought. We must realize that He must be uppermost in our mind and that the thought of Him must take precedence over every other thought. We revere and worship God only when the thought of Him comes to mind in place of the thought of evil; when His love replaces hate and fear; when the realization of His abiding presence takes the place of any belief in the presence and power of evil, sin, disease, or lack. Abide this day in the truth that God comes first in all things.

Jehovah your God proveth you, to know whether ye love Jehovah your God with all your heart.
—Deut. 13:3.

I know that when I realize my oneness with Christ within me, I am in prayer.

THINK of prayer as an attitude of mind in which you realize your interrelation with Christ within you. Do not think of prayer as some intangible thing or as some mysterious process. Were we always thinking aright, we should always be in prayer; we should be always realizing our oneness with Christ.

When in prayer, man realizes that the thing he seeks is coming into manifestation as his own. He knows that what he prays for is coming into expression as God's gift to him. He knows that in prayer he simply realizes the existence of that which has previously seemed to be invisible.

Prayer causes us to realize our oneness with Christ. When in prayer we know that we are inseparably unified with the goodness of God. We know that in Truth we are always at one with His blessings.

When we lift our heart to God in prayer we find that He is near to us, within and about us, placing His rich gifts at our disposal. No good thing will He deny us when we are in prayer.

What great nation is there, that hath a god so nigh unto them, as Jehovah our God is whensoever we call upon him?—*Deut. 4:7.*

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